

Fitness Test

Procedure for 1.5 Mile Run

Passing Score: Candidate must complete run in 14 minutes 54 seconds.

Participants should not eat a heavy meal or smoke for at least two to three hours prior to the test. Participants should warm up and stretch thoroughly prior to the test. If possible, each subject should have experienced some practice in pacing him or herself prior to the test. Often subjects will attempt to run too fast early in the run and become fatigued prematurely. Upon test completion, a mandatory cool down period is enforced. The participants should walk slowly for about five minutes immediately after the run to prevent venous pooling (i.e., pooling of the blood in the lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmias).

Procedure for Sit-Up Test

Passing Score: Candidate must complete 29 sit-ups in one minute.

The candidate starts in the up position, knees bent, heels flat on the floor, with the fingers laced and held behind the head (or hands cupped behind the ears). Avoid pulling the head or neck with the hands. The buttocks must remain on the floor with no thrusting of the hips. A partner holds the feet down firmly and will count the number of sit-ups performed. In the up position, the candidate should touch elbows to knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position. If for any reason you are in the down position and are not able to recover into the up position the testing is finished. The total number of correct sit-ups in 1 minute is recorded as the score.

Procedure for Push-Up Test

Passing Score: Candidate must complete 27 push-ups in one minute.

The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. Starting from the up position (elbows extended), the candidate must keep the back straight at all times and lower the body to the floor until the chest is three inches from the ground. Subject then returns to the up position. This is one repetition. Resting is allowed only in the up position. If for any reason you are in the down position and are not able to recover into the up position the testing is finished. The total number of correct pushups in 1 minute is recorded as the score.

****Females may do the push-up test from the kneeling position**** The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. Starting from the up position (elbows extended), the candidate must keep the back straight at all times and lower the body to the floor until the chest is three inches from the ground. Both knees and both feet must be touching the ground.

Procedure for Sit and Reach Test-

Candidates will take a seated position on the ground. Candidates will place both feet flat against the measuring box. Both legs will be flat on the ground without any bend in the knees. Candidates will then reach forward bending at the waist and reach out with both hands equidistant with each other. Candidates must be able to reach their toes to successfully complete this test.

300 Meter Run-

Passing Score: Candidate must complete run in 66 seconds.

Participants should not eat a heavy meal or smoke for at least two to three hours prior to the test. Participants should warm up and stretch thoroughly prior to the test. If possible, each subject should have experienced some practice in pacing him or herself prior to the test. Often subjects will attempt to run too fast early in the run and become fatigued prematurely.

NOTICE:

Candidates selected to enter the police department physical fitness testing must understand that fitness is a significant part of the overall structure of the department and you will participate in fairly rigorous physical activity. The time is now to start a fitness program that will prepare you for a long and healthy career as a police officer. Consult your doctor before starting any fitness program.

See below for illustrated examples.

Female Push-up Position



Female Push-up Position



Male Push-up Position



Male Push-up Position



Sit-up Position



Sit-up Position



Sit and Reach Position



Sit and Reach Position

